



## Howden Fitmums & Friends Training Schedule Spring/Summer 2025

### April 2025

Date	Day	Time	Route	Comments
02/04/25	Wednesday	7:00pm	1	
09/04/25	Wednesday	7:00pm	2	
16/04/25	Wednesday	7:00pm	3	
23/04/25	Wednesday	7:00pm	Grass Track	Coached
30/04/25	Wednesday	7:00pm	1	

### May 2025

Date	Day	Time	Route	Comments
07/05/25	Wednesday	7:00pm	2	
14/05/25	Wednesday	7:00pm	3	
21/05/25	Wednesday	7:00pm	Grass Track	Coached
28/05/25	Wednesday	7:00pm	1	

### June 2025

Date	Day	Time	Route	Comments
04/06/25	Wednesday	7:00pm	2	
11/06/25	Wednesday	7:00pm	3	
18/06/25	Wednesday	7:00pm	Grass Track	Coached
25/06/25	Wednesday	7:00pm	1	



## July 2025

Date	Day	Time	Route	Comments
02/07/25	Wednesday	7:00pm	2	
09/07/25	Wednesday	7:00pm	3	
16/07/25	Wednesday	7:00pm	1	
23/07/25	Wednesday	7:00pm	Grass Track	Coached
30/07/25	Wednesday	7:00pm	2	

## August 2025

Date	Day	Time	Route	Comments
06/08/25	Wednesday	7:00pm	3	
13/08/25	Wednesday	7:00pm	1	
20/08/25	Wednesday	7:00pm	2	
27/08/25	Wednesday	7:00pm	3	

**Circuit - Drills/Strength & Conditioning Circuit** – indoor circuit session focused on activities to build strength and conditioning for running. Includes a focus on running drills to improve technique, agility, balance and co-ordination. Suitable for all distance runners & walkers including beginners.

**Grass Track** – outdoor coached session running round a grass track doing efforts based on distance or speed. Suitable for all distance runners & walkers including beginners.

**Timed Run/Walk** – a series of opportunities to be timed over a 2 or 3 mile route. The aim is to try and improve time over the course of the autumn/winter. Uses same route each time. Suitable for all runners & walkers able to do 2 miles.

**Paced Run (PR)** – a group road run which starts with 1 mile gentle run, then into a 1 mile at pace (running as individuals), re-group and then 1 mile recovery back to base. Uses same route each time. Suitable for those able to run 4 miles +.